

Weaving Well-Being Positive Emotions Activity Book



Name: _____



Weaving Well-Being
by Fiona Forman & Mick Rock
© Outside The Box Learning Resources



Weaving Well-Being

**THE MORE YOU WEAVE...
THE BETTER YOU FEEL!**



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!



LET'S LEARN HOW TO WEAVE OUR WELL-BEING!

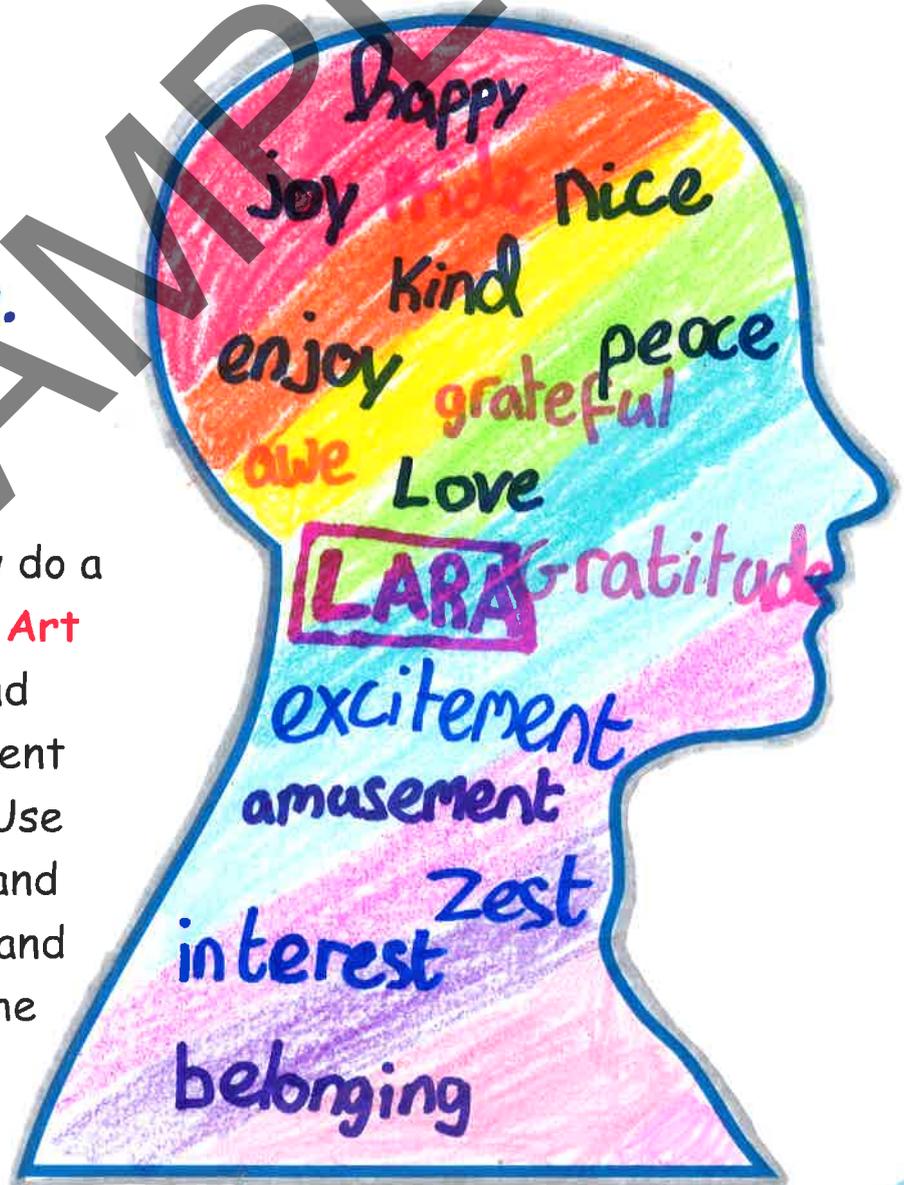


Well-being means feeling **good** and **strong** in our **minds** and **bodies**, having **energy**, getting along with and helping **others**, knowing our **strengths** and feeling **proud** because we are doing our **best**. It means we can **cope** with the little problems and disappointments of life. It means **enjoying** life, being **grateful** for what we have and **accepting ourselves** just as we are!

Think about what Well-Being means to you.



Now do a **Well-Being Word Art** - decorate the head with lots of different well-being words: Use different colours and styles of writing, and put your name in the middle.





Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!



Think about things you do which help your well-being. Draw two pictures of yourself doing these things.



In the first picture I am playing soccer.

This makes me feel happy and energetic.

In the second picture I am watching a movie.

This makes me feel happy because I'm with my family.



Lesson 1 Homework: Happy Families

Think and talk at home about simple things you like to do with your family which can help everybody's well-being.

Write three of them here:

1. *lie with my mom.*

2. *playing with my dog.*

3. *playing football with my dad*



Tick if done



This week, try to do some or all of them.

Tick each one if you do it.

Next week we will talk about how it felt!

Parental Signature/Comment:

Parents should sign this box to show that they have discussed each homework activity and to give any feedback if they wish.



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!

Lesson 2

Positive Emotions



All emotions are normal, natural and important. In this activity book we will be learning about a special group of emotions called Positive Emotions.

Having plenty of positive emotions every day can help our well-being. Scientists have discovered that we should have a least 3 positive emotions to balance 1 negative emotion.

Activity 1

Write the correct emotion under each picture. Choose from **BELONGING, HOPE, GRATITUDE, ZEST, AMUSEMENT, PRIDE, AWE** and **INTEREST**.



gratitude

zest

interest

hope



awe

pride

amusement

belonging



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!



Positive Emotions Wordsearch

g	r	a	t	i	t	u	d	e	l	a	y	r	h	w
n	h	q	w	z	h	h	l	d	t	w	j	j	i	u
y	c	p	r	i	d	e	k	p	a	e	t	x	t	r
e	z	i	r	g	y	r	v	u	a	o	a	g	c	t
a	j	d	e	x	c	i	t	e	m	e	n	t	h	r
h	c	r	x	i	e	f	q	c	i	n	f	b	w	
r	e	l	e	z	c	n	u	e	g	p	h	c	p	i
l	h	a	a	o	a	t	n	d	t	o	o	t	r	
s	u	q	e	m	x	v	e	j	j	k	d	p	c	
a	m	p	d	y	w	l	f	i	r	l	o	v	e	e
o	o	y	d	y	e	z	f	a	c	e	l	y	c	b
l	u	d	j	b	l	y	b	e	z	r	s	w	s	u
m	r	z	b	b	a	f	y	v	e	g	w	t	t	u
v	d	s	i	k	k	g	n	c	s	u	t	a	m	t
c	b	p	k	e	o	r	i	k	t	o	v	c	e	e

- awe ✓
- gratitude ✓
- belonging ✓
- love ✓
- interest ✓
- pride ✓
- zest ✓
- peace ✓
- humour ✓
- joy ✓
- hope ✓
- excitement ✓





Lesson 2 Homework: Positive Emotion Tracker

Look at this list of positive emotions. Each evening this week, put a tick beside any positive emotion which you felt that day. Think about what you were doing at that time.



	Mon	Tue	Wed	Thur	Fri
Pride					✓
Amusement	✓	✓	✓	✓	✓
Love	✓	✓	✓	✓	✓
Interest	✓			✓	✓
Awe	✓	✓			
Gratitude	✓	✓	✓	✓	✓
Belonging	✓	✓	✓	✓	✓
Zest		✓	✓	✓	✓
Excitement	✓	✓	✓	✓	✓
Peace	✓	✓	✓	✓	✓

Parental Signature/Comment:

My favourite emotion is love because
I just love being loved.



Lesson 3

Positive Emotion Potion



Can you remember what a potion is? We will be learning how to make our own **Positive Emotion Potion**. This potion is made up of five special activities which can help us to boost our positive emotions. We can think of these activities as our 5 ingredients!

Activity 7

Look back at your Positive Emotion Tracker from last week. Choose one emotion which you really enjoyed feeling, and draw a picture of what you were doing when you felt it.



Name of positive emotion: Peace

What I was doing when I felt it: mindfulness.

Weaving Well-Being

THE MORE YOU WEAVE... THE BETTER YOU FEEL!

Activity 2

Soon we will be learning about how to make our own Positive Emotion Potion. Decorate this potion bottle with lots of different patterns and colours, and draw a back-ground.





Lesson 3 Homework:

Choose one positive emotion that you would like to feel more of, from the list below. Choose three activities which you think would help you to do that. Try some or all of them out!

Pride

Interest

Belonging

Excitement

Amusement

Awe

Zest

Peace

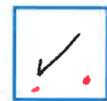
Love

Gratitude

Write three of them here:

1. Playing with my friends and sisters
2. Having dinner together
3. Going on holidays

Tick if done



Parental Signature/Comment:



Weaving Well-Being

THE MORE YOU WEAVE... THE BETTER YOU FEEL!

Lesson 4

Attitude of Gratitude



Think

The first ingredient in our Positive Emotion Potion is: **Attitude of Gratitude**



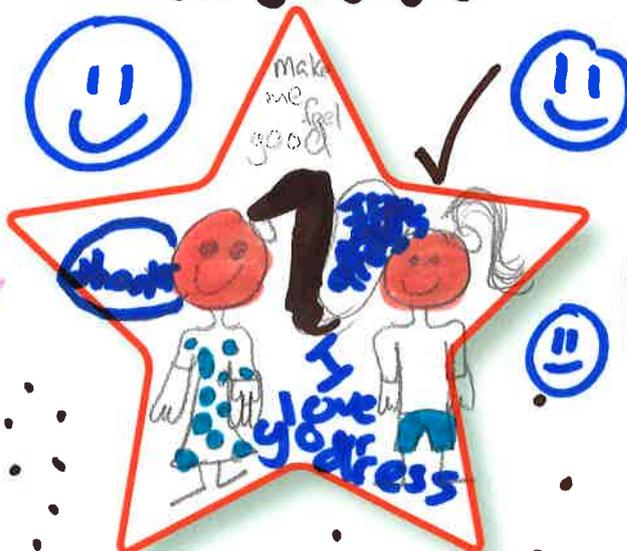
Positive

Activity 7

I'm Grateful For.....

Think and talk about all the things you are lucky to have. Think about family, friends, your home, your toys, your school, pets, nature... we have so much, when we stop to think about it!

In each shape, draw pictures of some of the things you are thankful to have in your life. Try to get the feeling of gratitude as you think!





Gratitude Letter - Plan

Think of someone you would like to thank. For your homework you will write them a thank you letter saying clearly why you are grateful to them.

For this activity prepare a plan for your letter. Decide who you are going to send it to, why you are choosing that person and what you are going to thank them for in the letter.

I will send the letter to

Iran.

I chose this person because

Because he is a great friend and admire him he is fun and kind.

I will thank them for

For always being there for me.



Lesson 4 Homework:

Write your letter of gratitude and hand it or read it to the person you chose. Then answer the questions below.

Who did you give the letter to?

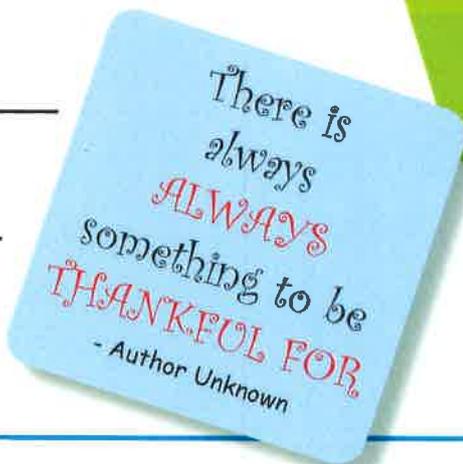
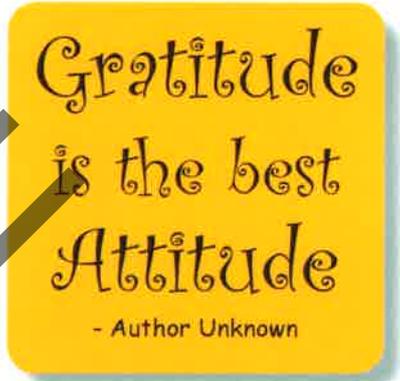
My Mum

How did it make them feel?

It made them happy.

How did it make you feel?

It made me feel loving.



Parental Signature/Comment:



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!



Feel - Good - Flow



Our next ingredient in our Positive Emotion Potion is:

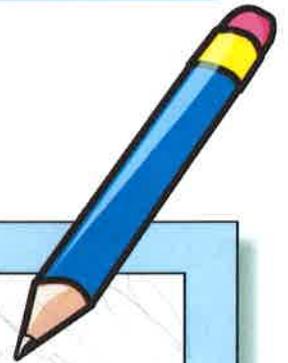
Feel-Good-Flow!



Remember there should be a challenge and a skill!



Draw a picture of yourself doing a **Feel-Good-Flow** activity here:



What was the challenge? scoring

What was the skill required? shooting

How did you feel? good - (understand)



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!



Work in pairs to crack the code to find out the message about **Feel-Good-Flow!**

$16+16=$ <i>g</i>	$12+12=$ <i>R</i>	$10+10=$ <i>O</i>	$13+13=$ <i>W</i>
$15+11=$ <i>w</i>	$20+20=$ <i>J</i>	$17+17=$ <i>J</i>	$14+14=$ <i>H</i>
$12+18=$ <i>J</i>	$11+11=$ <i>L</i>	$8+12=$ <i>O</i>	$9+17=$ <i>w</i>
<i>g R O W</i>		<i>w J J H</i>	
		<i>J L O W</i>	

Code:

$20=O$	$26=W$
$32=G$	$28=H$
$34=T$	$30=F$
$40=I$	$22=L$
$24=R$	

Did you feel some **FEEL GOOD FLOW**

while you were doing this?



Lesson 5 Homework:

Design your own Feel-Good-Flow Menu.

Try to do one activity for at least 30 minutes each day this week. Think about how you feel afterwards. Did you feel any positive emotions?

Ideas: Play your favourite sport, art and craft, baking, learn a poem or a song, memorise some facts about something you are interested in, read, work on a puzzle or maths problem, make up a new dance, do a project, learn or design a new game...

My Feel-Good-Flow Menu

Write at least three of them here:

Activity

1. Playing the piano.
2. Reading a funny book.
3. Playing soccer with my friends.
4. Playing basketball.
5. Playing with my sisters.



Tick if done

Parental Signature/Comment:



Lesson 6

Random Acts of Kindness



The third ingredient in our Positive Emotion Potion is: **Random Acts of Kindness!**



Activity 7

These characters are well-known for their kindness, but can you match them to the book or movie they are out of? Can you add some more characters to the list? You need to be able to tell why you choose them.

1. Baloo The jungle book.
2. Princess Anna Frozen.
3. Miss Honey Matilda
4. Woody Toy story.
5. Barry Loser. Barry Loser.
6. because in one of the book he saved an island
7. Tom Gates Tom Gates:
8. because in one of the books he lended a *John*

Think and talk about what you think these quotes mean:

'No act of kindness, however small, is ever wasted'. - Aesop

'Kindness, like a boomerang, always returns'. - Author Unknown



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!



PARENTAL PULL-OUT

Parents: Please remove this centrefold carefully to avoid damaging the staples!

Positive Emotions SPHE Programme - Parent Guide

This short booklet is designed to give parents a brief introduction to the "*Weaving Well-Being*" programme and to help them support their children as they complete the *Positive Emotions* (3rd Class) section of the programme. The *Weaving Well-Being* programme is a well-being programme for children specifically designed to promote positive mental health and flourishing in children. The skills are based on current research from the field of *Positive Psychology*.

What is Positive Psychology?

Positive Psychology is concerned with the science of well-being, personal growth and resilience. It is founded on the concept of identifying and developing personal strengths. Positive Psychology uses evidence-based activities which help people to flourish, grow and engage with life on an optimal level whenever possible. Our lessons and activities introduce children to many of these strategies and activities which can empower them to become active participants **in creating, maintaining and boosting positive mental health** throughout their lives. Activities have been designed in accordance with the SPHE curriculum, and the Guidelines on Well-Being issued by the Department of Education and Skills (2015).

The *Positive Emotions* programme consists of ten lessons which are designed to promote and cultivate positive emotions using five specific strategies. These are: **Expressing Gratitude, Understanding and Experiencing Flow Activities, Performing Acts of Kindness, Noticing Positive Events** and finally **Keeping Fit and Healthy**. Each strategy has a specific 'tool' or 'ingredient' - represented by an image to help the children understand and remember the concepts involved. Each child has an Activity Book, which gradually builds into a highly personal portfolio which reflects their use and understanding of each tool.

Why are Positive Emotions important and how can we cultivate them in our children?

A growing body of research shows that positive emotions are linked to increased well-being across a number of areas. The benefits of genuinely felt positive emotions include increased resilience, better immune system functioning, improved creative problem-solving and enhanced feelings of connection to others.

Research also suggests that it is the frequency, rather than the intensity of positive emotions which enhances well-being. This means that experiencing many small moments of positive emotion regularly is more important to well-being than experiencing more intense moments every so often.

In line with this research, this *Positive Emotions* programme introduces children to five evidence-based strategies through the lesson plans to boost positive emotion on a daily basis. Each of these strategies uses ingredients which make up a **Positive Emotion Potion**. The children are given an opportunity to observe and record the effects of each strategy on their sense of well-being. After trying out all of the strategies on an individual basis, the children are then encouraged to put all of their 'ingredients' together and use their **Positive Emotion Potion** on a daily basis.

To gain maximum benefit from the tools, your child should be encouraged to use them as much as possible. There is a homework task each week which encourages practical use of the strategies and tools. In order to help and encourage your child, you may find the following information useful.





Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!

Lesson 1: What is Well-Being?

In this lesson, children discuss and learn what well-being means and the implications of taking care of our well-being in our daily lives. Children learn that well-being is linked with feeling good in both our body and mind and it allows us to cope with little problems, enjoy life and accept ourselves just as we are. Other benefits of caring for our well-being are discussed in terms of friendships and feeling connected with others, having energy and being proud of our efforts. Children are encouraged to try to remember a time when they felt any of these signs of taking care of their well-being and reconnect with that feeling.

How to support your child: Talk to your child about the importance of taking care of their well-being. Discuss why your child selected particular well-being words in their Activity Book and what it means to them. Give examples of your own understanding of well-being words and link situations in your life to times when you took care of your own well-being. Discuss how you can care for or enhance your well-being as a family.

Lesson 2: Positive Emotions

In this lesson children discuss that all emotions or feelings are normal, natural and important. A special group of emotions called **Positive Emotions** are discussed. Understanding that it is not possible to have positive emotions all the time is examined, but children learn that having plenty of positive emotions every day can help our well-being. Scientific research showing that we should have three positive emotions to balance one negative emotion is explored.

How to support your child: Encourage your child to explain when they have felt any of the positive emotions outlined in their **Positive Emotions Activity Book**. Give examples of times when you recall feeling any, or all of these positive emotions too. Reinforce that it is not possible to have positive emotions all the time and that all feelings, positive and negative, are normal and natural. Discuss the **Positive Emotion Tracker** in their Activity Book each night with your child, encouraging him/her to link the positive emotion to the activity that caused that emotion.

Lesson 3: Positive Emotion Potion

In this lesson, children are introduced to the idea that there are five special activities which can boost our positive emotions. These five activities are the ingredients in a **Positive Emotion Potion**. The meaning of a potion is discussed and children are encouraged to represent how they visualise their own **Positive Emotion Potion** in art form. The positive emotions experienced in the previous week's tracker are explored and children link their favourite positive emotion to the activity completed that week.

How to support your child: Discuss the meaning of each of the positive emotions in this week's homework (**Pride, Interest, Belonging, Excitement, Amusement, Awe, Zest, Peace, Love and Gratitude**). Give examples of what might give rise to this emotion for you. Encourage your child to choose one positive emotion which is meaningful to him/her and discuss activities that will help your child feel this emotion. Discuss the benefits for your child of feeling that emotion.



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!

Lesson 4: Ingredient 1: Attitude of Gratitude



Children are introduced to the first ingredient of the **Positive Emotion Potion - Attitude of Gratitude**. Gratitude is explained as feeling thankful for, and noticing what we have, rather than what we don't have. Children are encouraged to think about things they are lucky to have. These are recalled in terms of family, friends, home, toys, schools, pets, etc. Children think of someone in their lives who they would particularly like to thank. A plan for a Gratitude Letter is discussed and prepared. For homework your child will be writing a Gratitude Letter. Ask your child if they need any help or support with this, being mindful that the letter may be for you!

How to support your child: Discuss what an **Attitude of Gratitude** means to your child. Reinforce this concept by highlighting key things in your life for which you are thankful. These things can be as simple as noticing how someone asked you how you are, smiled at you during the day or offered assistance in some way. Remember that 'Gratitude is the best Attitude' and there is always something to be thankful for in our day.

Lesson 5: Ingredient 2: Feel-Good-Flow



Ingredient 2 of the **Positive Emotion Potion** is explained and explored. It is identified as **Feel-Good-Flow** and is explained as getting totally involved and interested in what you are doing, concentrating on the activity and losing track of time. In this process you are enhancing your skills, or learning a new skill and feeling proud of yourself. Children identify **Flow** activities they experience both in school and in their home life. They are encouraged to participate in more of these activities and reminded that this is the second ingredient in improving their well-being through our **Positive Emotion Potion**.

How to support your child: Discuss your child's **Feel-Good-Flow** activity in their Activity Book, identifying why they selected this activity. To help your child to reinforce the concept of **Feel-Good-Flow**, explore what the challenge was in the activity, the resulting skill acquired and the emotion created. For homework this week, encourage your child to practise their **Flow** activity for thirty minutes each day. Link your own **Feel-Good-Flow** activities to your child's, reminding your child that these activities are different for each individual and are a life-long practice to maintain and enhance our well-being.

Lesson 6: Ingredient 3: Random Acts of Kindness (R.A.K.)



The many benefits of kindness are explored in Ingredient 3 of the **Positive Emotion Potion - Random Acts of Kindness (R.A.K.)**. It is explained to children that being kind to others has a physical reaction on our bodies and makes us happier and healthier. Children discuss times when they acted in a kind manner towards another person or when someone was kind to them. This act is linked to the emotion created as a result. Traits of kind characters in children's literature are explored and children discuss kind acts they identified with.

How to support your child: For homework this coming week, encourage your child to pick a **R.A.K.** day. On this **R.A.K.** day your child should try to complete at least five acts from a given menu of **Random Acts of Kindness**. Assist your child in creating their own suggestions for what constitutes a **R.A.K.** Rate your own **R.A.K.** in order of preference from 1 to 5, highlighting to your child how it would make you feel and reminding them that your well-being is individual to you.



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!

Lesson 7: Ingredient 4: Rainbow Moments



In this lesson children are introduced to the concept of **Rainbow Moments**. These moments relate to the little parts of our day where things go well for us, such as enjoying playing with a friend or noticing something beautiful in nature. It is explained to children that our brains naturally look for bad things in our day and with **Rainbow Moments**, we are re-training our brains to notice and pay attention to the small, simple, positive things that occur on a daily basis.

How to support your child: Discuss your child's **Rainbow Moments** in their Activity Book, exploring which of the positive emotions identified in Lesson 2 were experienced as a result. For homework, help your child to notice and record three **Rainbow Moments** each day this week.

Lesson 8: Ingredient 5: Healthy Body, Happy Mind



The final ingredient of our **Positive Emotion Potion - Healthy Body, Happy Mind** is discussed in this lesson. Children are presented with the idea that if we take care of our bodies and keep them healthy, it can help us to feel good and consequently help our well-being. There are three key elements to **Healthy Body, Happy Mind**: Eating Healthy Food (cutting down on junk foods), Moving our Bodies (one hour per day) and Getting Enough Sleep (ten hours for a child of their age).

How to support your child: Provide opportunities to support your child with these activities. If you are driving to school, park a distance away to allow your child to walk and have the benefit of additional exercise. Perhaps try a new vegetable or fruit each day. Encourage your child to participate in a calm bedtime routine to allow the transition into sleep to occur more easily. For each day, discuss any small changes made to the feeling your child experienced during that day. Were they feeling less tired and more positive?

Lesson 9: Positive Emotion Potion - Mix and Enjoy

Lesson 10: Review

In these lessons, children recall and revise each of the five ingredients of the **Positive Emotion Potion**. Children examine different scenarios of the ingredients learnt and relate each one to the **Positive Emotion Potion** and to improved well-being. Children will practise some or all of the ingredients as outlined in their homework. A **Well-Being Self-Assessment Check up** is included at the back of your child's **Positive Emotions Activity Book** for future reference, if your child needs to review this **Positive Emotions** course.

How to support your child: For homework in week nine, children are invited to see how many of the **Positive Emotion Potion** ingredients they can use each day and tick their tracker identifying their favourite ingredient. Discuss your own favourite ingredient in the **Positive Emotion Potion** with your child, reinforcing that positive emotions created for each person are individual and unique to them. Using the **Potion Tracker** in Lesson 10 (Review), children are encouraged to use some or all of the **Positive Emotion Potion** every day to support their well-being. Identifying their favourite ingredient, individual to them, is a key element of this activity.



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!

Activity 2

Write about a time when you were kind to someone, and a time when someone was kind to you. Underneath, write a line about how you felt. What positive emotions did you feel?

When I was kind to someone: Once a few days ago Ewan bumped into someone he fell over and hurt his knee and I saw him sitting on the curb and I went over to him and I said "are you ok" and he said yes

I felt: good that I helped my friend

When someone was kind to me: Once we were in class and I sad because I missed my Grandad because he had died but then my friend helped and talked to me.

I felt: sad but good because he helped me.



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!



Lesson 6 Homework:

R.A.K. - Random Acts of Kindness

Look at this checklist of R.A.K.

Pick a R.A.K. day this week and try to do at least 5 of them.

Tick each one you do. Think about how doing a R.A.K. makes you feel.

You can tick any R.A.K. more than once!

Give someone a compliment	✓
Share something	
Offer to help someone and then do it	✓
Write a kind note to someone and leave it for them to find	
Think about how somebody is feeling and ask them how they are	✓
Invite someone to join your game	✓
Give someone a smile!	✓

Write your own ideas in the next three lines.

make someone happy	✓
help someone up if they fall	
talk to someone new	✓

Parental Signature/Comment:





Lesson 7

Rainbow Moments



Our next Positive Emotion Potion ingredient is:

Rainbow Moments!

Rainbow moments are all of those little moments in the day when good things happen. Let's train our minds to notice them.



Activity 1

Write some good things that happened today across each arch of the rainbow. Use rainbow colours!





Weaving Well-Being

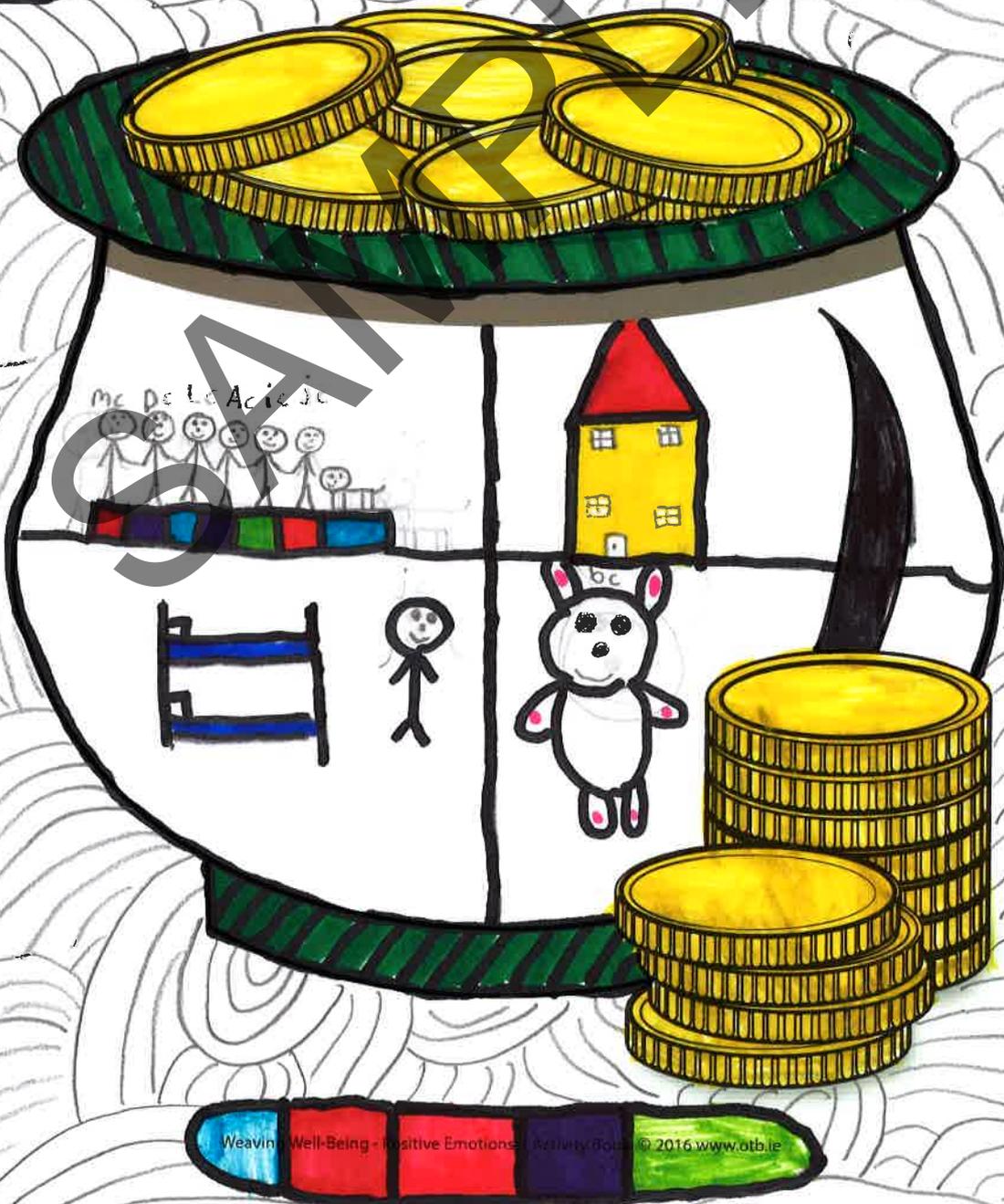


THE MORE YOU WEAVE... THE BETTER YOU FEEL!

Activity 2

My Pot of Gold!

Maybe there is a pot of gold at the end of the rainbow...but sometimes we forget how much treasure and riches we already have in our lives - our families and friends, our homes, our toys or pets..... Now fill up the treasure pot with pictures of all the real treasures in your life!





Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!



Lesson 7 Homework:

My Rainbow Moments - Write three Rainbow Moments for each day this week.

Try to notice different things each day. Think about how noticing your Rainbow Moments makes you feel.



My Rainbow Moments

Monday	1. When my unkle came over.
	2. When my dad came back from work.
	3. When I went on the wii.
Tuesday	1. Seeing my mum after school.
	2. Getting my pocket money.
	3. Getting to have breakfast with my family.
Wednesday	1. Getting to have dinner with my family.
	2. Having a playdate.
	3. Getting to have pancakes.
Thursday	1. Getting to go on the flashmasters.
	2. Getting all of my homework done.
	3. Getting to go off my epilepsy.

Parental Signature/Comment:



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!

Lesson 8

Healthy Body, Happy Mind



The last ingredient in our Positive Emotion Potion is

Healthy Body-Happy Mind

If we take care of our bodies and keep them healthy, it can help us to feel good and help our well-being.



Activity 1

In pairs, decide on 8 key words about Healthy Body. Make your own **Healthy Body** Wordsearch.

e	L	i	r	m	w	m	m	Q	n	w	
x	x	l	z	z	i	L	x	n	O	L	g
e	m	o	a	Q	m	n	f	r	u	.	+
r	e	a	x	v	w	d	f	F	L	e	
C	i	o	o	L	T	O	f	i	r	r	
k	m	w	a	w	e	n	s	v	u	k	
s	i	n	y	P	O	r	Q	g	+	i	b
e	l	o	L	m	L	f	c	+	J	w	n
d	m	e	Q	m	Z	b	S	O	y	v	L
c	P	d	e	a	e	e	d	m	i	x	b
b	o	L	m	P	f	n	C	O	S	m	O
h	e	a	l	t	h	y	f	o	o	d	y

Words to find:

exercise

fruit

sleep

water

rest

relax

mindfulness

healthy food

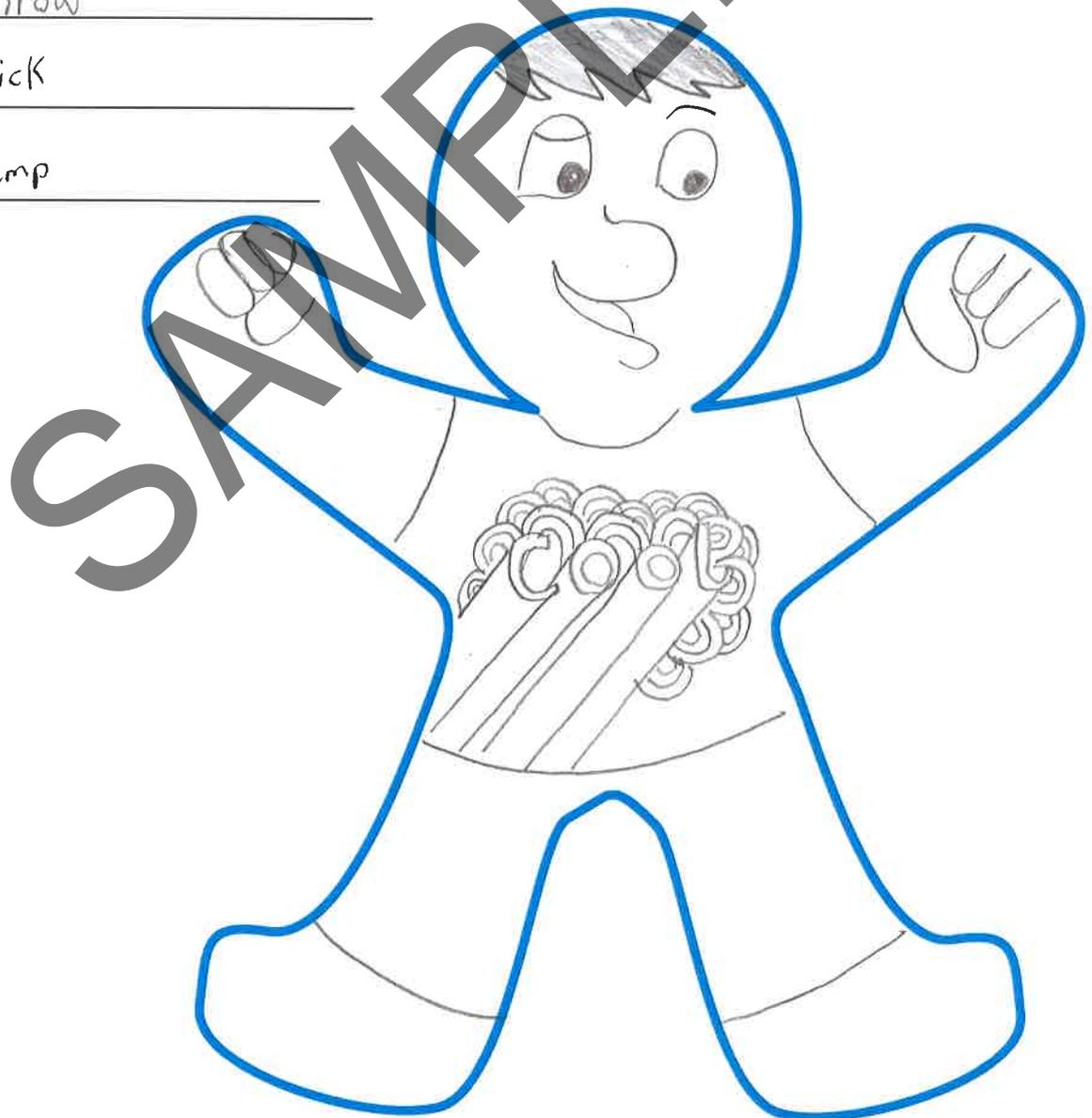


My Amazing Body

We often take our bodies for granted. Now let's think about all of the amazing things that our body can do. Do a word art of some of these amazing things inside the body below.

My three favourites are:

1. throw
2. kick
3. jump





Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!



Lesson 8 Homework:

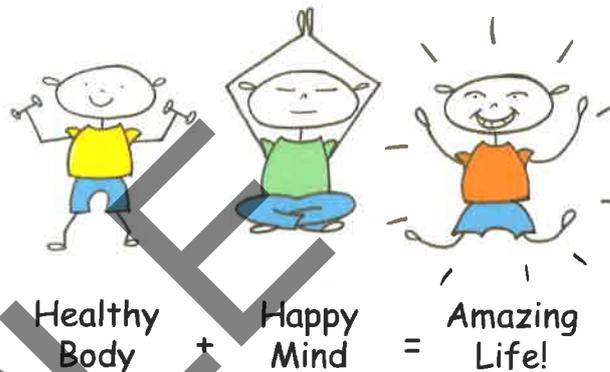
Healthy Body Challenge: Circle each thing you do to keep your body healthy each day this week.

Then write how you felt.

Healthy Eating- at least 5 pieces of fruit and vegetables, and no junk!

Move Your Body - at least one hour of physical activity, it doesn't have to be all in one go.

Proper Sleep - around 10 hours.



Monday	Healthy Eating	Move your Body	Proper Sleep
How I felt:	relaxed and tired		
Tuesday	Healthy Eating	Move your Body	Proper Sleep
How I felt:	happy and healthy		
Wednesday	Healthy Eating	Move your Body	Proper Sleep
How I felt:	tired because I didn't sleep enough		
Thursday	Healthy Eating	Move your Body	Proper Sleep
How I felt:	not tired but happy		

Parental Signature/Comment:



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!



Positive Emotion Potion: Mix and enjoy daily!

Now we have learned all about our **Positive Emotion Potion**, it's time to put the ingredients together. Then we can try to use some or all of the ingredients every day to help our well-being.



Draw a picture of each of the 5 Positive Emotion Ingredients and write the name of the ingredient at the top of your picture. Then decorate the page.

rainbow moment

Ingredient 1

Ingredient 2

Ingredient 3

Ingredient 4

Ingredient 5

healthy body
healthy mind

of attitude

gratitude

feel good flow

random acts of kindness

I'll help

35



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!



Match each activity to the correct ingredient of Positive Emotion Potion.



I spent an hour painting a picture.

I tidied my room without being asked.

I ate plenty of fruit and vegetables.

I felt thankful for having something.

I remembered some good things that happened to me.

I played my favourite sport.

I went to bed early because I felt tired.

I noticed something beautiful in nature.

I said thank-you when someone was kind to me.

I smiled at my friend and gave a compliment.

I offered to help my friend.

Can you think of any more examples?

I got plenty of rest
I unloaded the dish water
I helped my brother



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!



Lesson 9 Homework: Positive Emotion Potion Challenge!

See how many of the Positive Emotion Potion ingredients you can use each day this week.

Tick the box for any ingredient you used that day.



	Fri Mon	Sat Tues	Sun Wed	Mon Thurs
	✓	✓	✓	✓
	✓		✓	
		✓		✓
	✓	✓	✓	✓
	✓	✓	✓	

My favourite ingredient is move your body because
I rilly like doing it was rilly fun

Parental Signature/Comment:



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!



Review



Now it's time to think about everything we have learned about well-being and positive emotions over the last 9 lessons.



In pairs brainstorm all of the words about well-being and positive emotions which you remember. Decorate the page with your own favourite words.



Activity 2

Draw your own Positive Emotion Potion bottle. Remember to include all of the ingredients. Put in different amounts of ingredients, from large to small, depending on which ones you find most helpful.



My 5 Ingredients are:

1. A bowl of Rainbow Moments
2. A mug of feel Good flow
3. A cup of Attitude of Gratitude
4. A tablespoonful of R.A.K
5. A teaspoonful of Health



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!



Lesson 10 Homework: Potion Tracker

Now you have learned how to help yourself to feel good, it's up to you to use some or all of your ingredients every day to help your well-being.

To help you get into the habit of using your Potion, keep track of how you are doing each day this week. Put a tick or an x under each ingredient to show whether you used it or not. Keep track of the ways that your Positive Emotion Potion is helping your well-being by writing what your overall mood was, for that day.

Good Luck!

Monday

✓	✓	x	x	✓

Mood: very, very Happy

Tuesday

✓	✓	✓	x	✓

Mood: quite content



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!

Wednesday

✓	✓	✓	✓	✓

Mood: very happy and tired.

Thursday

x	✓	✓	x	✓

Mood: Happy.

What did I learn from this experiment?

I am a happy child

What is my favourite activity and why?

it's feel good flow because it can involve physical sport.

Parental Signature/Comment:



Weaving Well-Being



THE MORE YOU WEAVE... THE BETTER YOU FEEL!

Well-Being Self-Assessment Check up

These Weaving Well-Being lessons have been designed to help you to notice and improve your well-being. Your teacher may ask you to fill it in from time to time to help you keep track of your own well-being. If you need help in a certain area, think of ways to improve on it and see if they work. Don't forget to ask your parents, friends and family for help, support and advice! Enjoy weaving your well-being!



= I'm doing well in this area



= I'm doing okay, room for improvement



= I am not doing well and may need support or help in this area

Well-Being Signs

Date

Date

Date

Date

Date

Date

Date

I feel like I have plenty of energy to do the things I want or need to do.							
I feel like I get along with others most of the time.							
I know and use my strengths often.							
I regularly feel grateful for many things in my life.							
I feel that I have ways to cope with disappointments and problems.							
I often feel proud of myself for doing my best.							
I often help others.							
I can accept that I am OK just as I am.							



www.otb.ie/weaving-well-being

© 2016 Outside The Box Learning Resources Ltd.



9 781906 926472 >